

MEXICAN QUINOA 1-Pan Dinner

This is great on its own, or try stuffing the finished and cooled Mexican quinoa into vegetables like jalapeños, tomatoes, sweet peppers or zucchini boats. Bake the stuffed veggies at 350 degrees until hot and the veggies are fully cooked.



- 1 cup quinoa
- 1 cup vegetable broth
- 1 15-oz can black beans, drained & rinsed
- 1 14 ounce can fire roasted tomatoes
- 1 cup corn kernels, fresh or frozen
- 1 chopped onion
- 1 cup grated cheddar
- 2 cloves minced garlic
- 1 minced jalapeño
- 1 to 2 teaspoons chili powder
- 3/4 teaspoon cumin
- Salt and pepper to taste
- Garnishes:** 1 diced avocado, juice of 1 lime, chopped cilantro

In a large skillet sauté the onion, garlic, jalapeño, cumin and chili powder, until fragrant. Add everything else except for the cheese and garnishes. Bring to a boil, cover, reduce heat and simmer about 20 minutes, until quinoa is cooked through. Stir in the cheese and garnishes and serve.